

# Why I Study Gemmotherapy: Chris Wahl

*by Chris Wahl*

I study Gemmotherapy because I've gotten great results from it! I'm a U.S. Air Force veteran and former Licensed Vocational Nurse who fell down the rabbit hole of natural health in 2004 after seeing the damage that conventional medicine can do when used unwisely. I decided to take responsibility for my family's health using safe, gentle, but effective natural medicines and only use allopathic medicine when absolutely necessary. As a Holistic Life Coach, Flower Essence Practitioner and student homeopath, my mission is to help motivated families achieve health and wellness in all aspects of their lives.

With my family, I begin with Gemmotherapy extracts. I was taught by Lauren and it's been my experience that beginning an acute illness with the indicated Gemmotherapy extracts right away can have an immediate effect on how the body responds. If needed, I add a homeopathic remedy when the symptom picture becomes clearer and if things are not progressing. I've found this to be extremely effective.

Because Gemmotherapy is still an emerging modality, educating people and letting them have an experience with it are the first steps I see in the future. The potential Gemmotherapy has to restore immunity in a time when so many people's immune systems are not working properly is so incredibly powerful. I wish more people knew about this! New information is always coming out so it's exciting to see what comes next! I love learning more about each of the extracts and the effects they have on organ systems, the mental/emotional levels, as well as well as how to use them in practice.

I would love to learn more about restoring and supporting immunity. I'm also very intrigued at the potential in fertility and pregnancy. The United States has one of the worst maternal and infant mortality rates in the developed world. Children and young adults are suffering from diseases that we used to only see in the older population. Autism rates are climbing. Our children are the sickest generation of children, and I want to learn everything I can to help turn that around. I know we can do better than this. Using Gemmotherapy and Homeopathy together is also something else I'm very interested in.

If you're interested in Gemmotherapy, you won't be sorry! Lauren's classes are amazing, and I can't recommend them highly enough. If you want to dip your toe in, pick up one of her books. The absolute best advice I can give is to get your hands on the extracts! Order the Black Currant and Oak to start. I'm always telling people to get those two extracts so they have them when they need them.